



GIRL SCOUT FAMILY CONNECTION

2019-2020

Welcome to your family's go-to, super-fun guide to getting the most out of this year in Girl Scouts!

Here's what you'll find inside:

- | | | |
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“Girl Scouts opened up a world of amazing opportunities for me and my family. From building an Estes rocket to earn my science badge to watching my mother lead a troop for my younger sister, this organization has given me so many meaningful family moments to cherish. I’m proud to see this legacy live on in families like yours and excited for all the fun, learning, and adventure you’ll have in the year ahead.”

—**Sylvia Acevedo**
CEO, Girl Scouts of the USA

I am so excited to welcome you to the #BestPlace4Girls where your girl will develop important life skills she needs to find success in the 21st century! The lessons I learned as a young Girl Scout prepared me for leadership roles in school, the military and throughout my career. Girl Scouts will prepare your girl to take on the world!

—**Carol M Dedrich**
CEO, Girl Scouts San Diego

Hey There, Girl Scout!

This is your space to write or draw your hopes and dreams for the coming year in Girl Scouts.

This year, I’m excited to...

Signed, _____

What Girl Scouts Is All About

Since 1912, Girl Scouts of the USA has given girls the tools to lead, break barriers, and create positive change. Your G.I.R.L. (Go-getter, Innovator, Risk-taker, Leader)TM is part of a legacy of girls and young women who dream big and do bigger. When you take the potential every girl has within her and add our girl-led, skill-building programming; unmatched leadership experiences; and caring adults whose networks can truly open doors, you get the power of Girl Scouting.

By Girls. For Girls. Everything your Girl Scout does—whether it's climbing mountains, making her voice heard, or designing new technology—has been created especially for, and is tested by, girls.

Tomorrow's Leaders Today. Your girl will develop a strong sense of self, demonstrate positive values, seek challenges, solve significant problems in her community, and establish healthy relationships. These aren't just good qualities—they're the leadership skills that will last a lifetime.

3-2-1...Action! At Girl Scouts, "Can I?" turns into "I will!" as your girl transforms her ideas into action, turns her questions into adventures, and grows her confidence through practice. And when she's part of the largest network of girls and women in the world, there's no limit to what she can accomplish.

Growing Up Girl Scout

Keep track as your girl levels up through the years!



Daisy

Brownie

Junior

Cadette

Senior

Ambassador

On My Honor

Girl Scouts' values are laid out in our Promise and Law, which members of all levels recite. The Girl Scout Family Promise is a commitment your family can make in support of your girl as she grows as a leader and makes the world a better place.

Girl Scout Promise

On my honor, I will try:
To serve God* and my country,
To help people at all times,
And to live by the Girl Scout Law.

Girl Scout Law

I will do my best to be
honest and fair,
friendly and helpful,
considerate and caring,
courageous and strong, and
responsible for what I say and do,
and to
respect myself and others,
respect authority,
use resources wisely,
make the world a better place, and
be a sister to every Girl Scout.



Girls make the **Girl Scout Sign** when saying the Promise. Try it by holding up your right hand like this.



clip & keep

Girl Scout Family Promise

On my honor, I will try:
To support my Girl Scout
And her troop,
To help girls lead at all times,
And to always keep it fun!

*Members may substitute for the word God in accordance with their own spiritual beliefs.

Bring the Strength and Magic of Girl Scouts Home

We've got your back when it comes to teaching your girl positive values! Read on for examples of the standards your girl agrees to through the Girl Scout Law, and simple ways to amplify them even more in your own family.



Be Honest Lying is a natural (and normal!) thing for kids to do, so it's nearly inevitable that your girl will fib at some point. If your daughter *has* lied, calmly ask her what or who may have been hurt by it. If she's too young to understand, walk her through how her actions might have affected others.

Be Fair When your girl identifies something that's unfair, ask her to explain what a better solution would look like and how it would work. There may be several ways to solve the same problem, so help her think through as many as she can come up with and decide which one she thinks is the most fair for all involved.

Be Friendly and Helpful Encourage all family members to look for ways to help around the house. Rotate chores so everyone's contributing equally and nothing's seen as a "boy" or "girl" task. Your girl may not love trash day or dish duty, but it will give her pride in a job well done and build her appreciation for helpers in her life.

Be Considerate and Caring Model thoughtfulness for your girl by asking about her feelings and truly listening when she answers. Discuss the importance of putting yourself in someone else's shoes and trying to understand their point of view before deciding how to react in any given situation.



Be Courageous and Strong

Talk to her about a time when you were nervous about speaking up for what you believed was right but did it anyway. Ask if she's ever been in a similar situation and how it went, then remind her that sometimes we have to be brave to make a difference.

Be Responsible for What She Says and Does When you notice not-so-awesome behavior in your girl, take time to talk with her about it and understand what's going on rather than simply punishing her for her actions. Talking about her actions and why she takes them will help her do better next time.



Her life can be complicated—raising her doesn't have to be. Check out **Raising Awesome Girls** at [girlscouts.org/raising-girls](https://www.girlscouts.org/raising-girls) for the latest tips and insight into her world.

Make Her Troop Year Memorable

Consider this the ultimate cheat sheet to being an all-star G.I.R.L. supporter—no matter how busy you may be! When you step up, you're enhancing the troop experience and modeling leadership for your girl. She'll be prouder than ever to call you hers.

In 15 minutes a week, you could...

Organize and manage the calendar for troop snacks or carpools. Keeping track of who's contributing what and when will make meetings go smoothly for everyone.

In 30 minutes a week, you could...

Manage troop communications. This can mean anything from texting other families to confirm meeting dates, to maintaining the troop's social media account or being in charge of a phone tree.

In 45 minutes a week, you could...

Take photos or videos at troop meetings and Girl Scout events. Make sure the troop has signed council photo releases before snapping and sharing images!

In 1-2 hours a week, you could...

Lead part of a troop meeting or guide the girls through earning a specific badge. You can introduce the girls to a topic that you specialize in or explore a new activity and learn alongside the troop.

In 2-3 hours a week during cookie season, you could...

Organize booth sales and keep track of cookie orders. You'll be playing a key part in the Girl Scout Cookie Program®, which raises funds for troop activities and teaches girls important leadership skills.

Ready to pitch in?

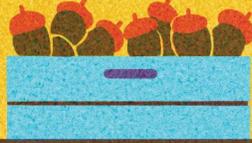
Contact your girl's troop leader and tell her exactly how you'd like to help or what you can provide. Simply offering "whatever you need" comes with best intentions, but troop leaders are often too busy to assign out roles to family members. Being specific about how you can contribute will be so appreciated!



Want to give her the ultimate Girl Scout experience? Invest in her future and make every moment a shared memory by becoming an adult member at [girlscouts.org/join](https://www.girlscouts.org/join).

This Year in

Check out important dates, then fill in with troop meetings



October

10/1: Official start of the Girl Scout year

10/4-6: Outdoor Skills Weekend

10/7-29: Fall Product Program

10/11: International Day of the Girl

10/31: Juliette Gordon Low's Birthday



November

11/28-29: Holiday Closure: Girl Scouts San Diego Council Shop and Offices

February

2/1: Day Camp and Resident Camp Registration Opens

2/7: Cookie Booths Start

2/22: World Thinking Day

2/28-3/1 National Girl Scout Cookie Weekend



March

Women's History Month

3/8-14: Girl Scout Week

3/8: Cookie Program Ends

3/14: Incredible Race



June

Girl Scout Gold Award Ceremony

Summer Camp Begins

Summer GSSD Shop Hours

July

Summer GSSD Shop Hours

7/4: Independence Day



Juliette Gordon Low founded Girl Scouts in 1912. You

can find a painting of her in the National Portrait Gallery in Washington, DC!



Is your girl close to meeting her cookie goal? Ask her about

her business techniques and how she and her troop want to use the money they earn.



Girl Scouts and Girl Guides in 150 countries across

the globe celebrate World Thinking Day each February 22. Activities include learning about how girls around the world live and thinking of ways to improve the lives of Girl Scouts near and far.

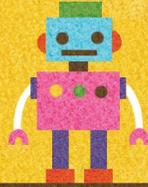


Girl Scouts was founded on March 12, 1912—and it's Girl

Scout tradition to celebrate all week long! Check in with your council for fun activities and events.

Girl Scouts

and council events you can attend as a family or with her troop.



December

12/7: Stuff the Bus

12/25-1/1: Holiday Closure: Girl Scouts San Diego Council Shop and Offices

January

Register for G.I.R.L. 2020

1/26: Cookie Program Begins

April

National Park Week

Volunteer Appreciation Month

4/3: Operation Thin MintSM Sendoff

4/22: Girl Scout Leader's Day



May

National Bridging Weekend

5/1: Renew your membership!

5/16: Girl Scouts San Diego Bridging



August

Volunteer Conference

Summer GSSD Shop Hours

8/10: National S'mores Day

8/26: Centennial of Women's Suffrage



September

Urban Campout

9/12-13: Girl Scouts Love State Parks



Did you know troop leaders are volunteers? They give their time and energy to Girl Scouts just

because they care. Ask your girl if there's a special way she'd like to thank her leaders for all they do. Maybe she'd like to draw a picture, send a card, or even write a song!



When a girl graduates from one level of Girl Scouts to the next, she takes part in a bridging ceremony to celebrate her achievements and look forward to the adventures that await her.



The first recipe for s'mores appeared in a Girl Scout camping guide nearly 100 years ago! Celebrate by whipping up a few of these iconic treats at home.

Head to sdgirlscouts.org/events to stay up to date on exciting family and troop opportunities all year long.

Girl Scouting All Day,

Every Girl Scout troop spends time outdoors; testing the latest in science, technology, engineering, and math (STEM); learning to run a business; and gaining invaluable life skills that will see them through thick and thin. But there's no reason for the fun and learning to end when the troop meeting does! Use these pages as a cheat sheet to bring the adventures of Girl Scouting to your home.

Get Some Fresh Air

Outdoor adventures have always been an important part of Girl Scouting. Beyond helping girls understand and appreciate the need to protect the earth, time spent outside helps girls thrive physically, emotionally, and intellectually. Get outside with your girl, Girl Scout style, with these easy but meaningful experiences.

- **Have a photo scavenger hunt**
You'll learn more about your town and have fun trying different photography techniques.
- **Plant something and track its growth**
Nurturing a plant takes patience and dedication, and teaches her about her natural environment.
- **Stargaze and point out constellations**
Thinking about our place in the universe sparks imagination and can put things in perspective.
- **Volunteer to walk dogs from a shelter**
Helping pups in need teaches girls responsibility and underscores the importance of giving back.



Help Her Soar with STEM

Studies show that girls are more likely to go into STEM fields if they have STEM role models—or even just see STEM role models in the media they consume.

How can you help? Think about the books your daughter reads and the movies she watches. What roles do girls and women play? When there are scientists, builders, or tech geniuses in a story, are they female?

From kid-friendly books about astronaut Mae Jemison and architect Zaha Hadid to documentaries about primatologist Jane Goodall and computer scientist Grace Hopper, there are tons of books, movies, and online videos featuring amazing women in STEM. Need help finding them? Ask your librarian!

Sign Her Up for Girl Scout Camp

It's an adventure like no other! In the all-girl environment, girls feel more comfortable trying new activities, and they get to take the lead every single time. Check the calendar on page 9 to find out how to register.



Every Day



Be Her Cookie Champion

All Girl Scouts have the chance to learn business skills like goal setting and money management through the Girl Scout Cookie Program, but did you know it's the largest girl-led entrepreneurial program in the world? Here are a few things you can say to support her as she learns how to be a boss!

When she says she's nervous about the cookie booth sale...

"You know what will make you feel better? Practice. Let's come up with questions customers might ask you—like what your favorite cookie is and what your troop will do with the money earned. Then we can practice answering!"

When she wants you to collect orders at work...

"Let's find a way for you to still make the sale, even though you won't be there. Maybe you could make a poster or a short video to attract customers and tell them about your troop's Take Action projects. I'll take it to the office with your order form!"

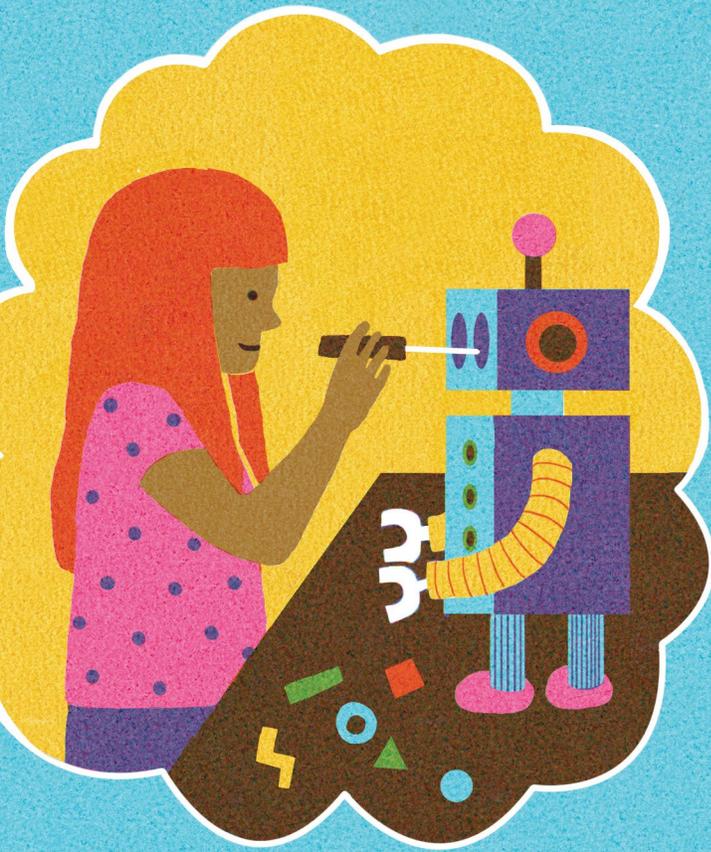
When your older girl says customers would rather buy cookies from "little" girls...

"Daisies and Brownies do get a lot of attention—but you have years of experience and business skills on your side! Let's think about what you can do to make your cookie business stand out from the crowd."

Learning Life Skills Starts Now

Girl Scouting has a strong focus on civic engagement, wellness, communication, healthy relationships, and other practical life skills. You can help her learn to take care of herself and others through simple and fun family activities at home. Responsibilities like feeding and cleaning up after a pet, helping to plan dinner menus, saving and budgeting for her own birthday party, and learning first aid techniques she could use in case of emergency teach her important skills that will help her live her best life.

Earn the new Girl Scout Cookie Entrepreneur Family pin with your girl, and give her the business smarts of tomorrow today! Learn how at girlscoutcookies.org/entrepreneurfamily.



My Girl Scout Support Crew

When someone helps you on your Girl Scout adventures this year, add their name here with a note about what they did. You might want to include your troop leaders, an auntie who takes you to meetings, or the neighbor who orders lots of cookies. At the end of the year, check the list and send thank-you notes to all your awesome helpers!

I learned...





Peek into Her Future

When you think of who your girl will be a year from now or even **ten** years from now, you likely picture a confident thinker and doer, someone who does her best and makes the world a better place. Basically? You're picturing her as a Girl Scout. Not just this year, but **next year and beyond**. That's a good thing, because the longer she's in Girl Scouts, the brighter her future will be.

While all Girl Scouts benefit from our programming, studies show alums who participated in Girl Scouts for three or more years are significantly more likely to:

- n Have a positive sense of self
- n Be civically engaged
- n Achieve higher education and income
- n Practice leadership
- n Have healthy relationships
- n Feel satisfied with their lives

Who could want more for their girl? Secure her spot for the 2020–21 Girl Scout year and consider becoming an adult member at the same time! Head to girlscouts.org/join to learn when and how to sign up.

Save the Date for Epic Family Fun



Your family won't

want to miss G.I.R.L. 2020—the largest-ever girl-led event and the biggest celebration of Girl Scouting! It's all happening October 23–25, 2020 in Orlando, Florida, but you can register as soon as January 2020. Check out girlscouts.org/GIRL2020 for more!

#GirlScoutGoals

Get excited! Head to girlscouts.org/badgeexplorer to check out all the cool badges and awards she could earn next year. The sky's the limit!

Give a Gift to All Girls When girls succeed, the world succeeds. Help us offer the transformative experience of Girl Scouting to even more girls in your community today.

Your investment will give girls leadership experiences focused on STEM, life skills, outdoor adventure, and entrepreneurship. Give today at sdgirlscouts.org/give.



Let Us Help!

Family helps family, and you're part of ours! Whether you have questions about your girl's troop experiences or are going through a tough time on a more personal level, Girl Scouts is here to support you and your girl through the years. Never hesitate to reach out. We're here for you!

Girl Scouts of the USA National Headquarters

420 Fifth Avenue
New York, NY 10018

✉ girlscouts.org/contact

📘 facebook.com/GirlScoutsUSA

📷 instagram.com/girlscouts

🐦 twitter.com/girlscouts

☎ 1-800-478-7248

Calling All Juliettes!

A Juliette, or individually registered Girl Scout, has the same Girl Scout experience as any other girl—outdoor adventures, life skill training, entrepreneurial programming, and hands-on STEM experiments with the support of a Girl Scout volunteer—she simply does it all without being in a troop setting. If you're a Juliette family, reach out to your council for guidance, support, and to stay up on cool events the whole family can attend.

Girl Scouts San Diego

For more than 100 years, Girl Scouts San Diego has been building girls of courage, confidence, and character. We have 43 local community teams of volunteers, 3 program centers, and 2 mountain camps that provide leadership opportunities for your girl. We invite every family to take an active role in their girl's experience—visit sdgirlscouts.org/volunteer to find out how you can help.

Girl Scouts San Diego

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San Diego, CA 92103

✉ customercare@sdgirlscouts.org

📘 facebook.com/sdgirlscouts

📷 instagram.com/sdgirlscouts

🐦 twitter.com/sdgirlscouts

☎ 619-610-0820

For even more Girl Scout family resources, check out
sdgirlscouts.org.



1231 Upas Street, San Diego, CA 92103

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All About My Troop

Fill in the details of your girl's troop and keep this handy all year long!

Troop number: _____

Troop co-leader phone/email: _____

Troop co-leader phone/email: _____

Troop co-leader phone/email: _____

Other important information: _____

Meeting place: _____

We meet at _____ on _____, every _____ week/s.
[FILL IN TIME] [FILL IN DAY] [FILL IN NUMBER]

The girls in the troop are:

Our family is helping out by:

Troop crest

A rectangular box with a thin black border, intended for drawing the troop crest.